

Week 6 Outline	Video Topic	Points to Emphasize	Handouts/Supplies
<ol style="list-style-type: none"> 1. Check attendance. 2. Distribute name tags. 3. Support group topic – “Share something positive that has happened since you became a non-smoker.” Discuss items participants brought with them. 4. Review “Points to Emphasize.” 5. Show videotape or DVD – Week 6. 6. Collect name badges. 	<ul style="list-style-type: none"> • Life’s Pleasures • “Increase Quality of Life” • Enhanced Without cigarettes include: • Ability to Breathe • Eating • Stamina • Positive self-image • Personal smell • Nice Clothes • Nice automobile • Chance for good health • Enhanced With Cigarettes • Pleasure from cigarette 	<ol style="list-style-type: none"> 1. Precious moments in life sometimes slip away quietly, sometimes forever. 2. Life is better as a non-smoker. 3. I am responsible for my health and life. My health is going to be good. 4. My choices about my life affect my health. 5. I choose to not be controlled by cigarettes and nicotine. 6. If on 21 mg. patch-1 more week or if on 4 mg. gum or lozenge-no more than 7 pieces/day this week. 7. Remember – “Do what Dr. Cooper and Dr. Clayton say and you WILL succeed!” 	<p><u>Supplies:</u></p> <ul style="list-style-type: none"> • Attendance sheet • Name badges • DVD/TV • DVD 9:42 <p><u>Handouts:</u></p> <ul style="list-style-type: none"> • A positive thing that has happened since I’ve become a nonsmoker

